

## CHEST EXERCISES

### **Dumbbell flys**

Either on an incline or a flat bench, hold the dumb-bells overhead, just above the face. Dumbbells should be parallel to the body.



Arc your arms out and toward the floor , keeping your elbows slightly flexed. Press the weights back up, extending at the elbow, until you return to the starting position. Same exercise as the Pec Fly.



### **Bench press ( works tricep & shoulder also)**

Grip is slightly wider than shoulder-width. Start with arms fully extended.



Lower the bar until it lightly touches the chest. Press the bar back up until the arms are extended but not locked out. Don't forget to breathe.



### **Seated chest press (tricep & shoulder)**

Adjust the seat so that the bars are in line with your nipples, not up by your shoulders. Like the bench press, extend your arms fully but not so that your elbows are locked out, and return the weight to the starting position. Exhale as you press out!



### **Pec Dec/Pec Fly**

Elbows should be at a 90° angle with upper arms parallel to the floor. Begin with arms back, in line with the body. Squeeze your arms together in front of your face. Return to starting position.

